

ABSTRACT OF THE DISCLOSURE

A signal output method for reducing jitter and forming pits having stable shapes on an optical information recording medium with high recording density is provided. A write signal includes a write permission signal including a repetition of write enable and pause intervals, and a write data signal outputted during the write enable interval. The write signal satisfies the formula $Tf_{\max} - Tf_{\min} \geq 0.01T$, where Tf_{\max} is an output interval of a first write data signal among write data signals corresponding to a write permission signal immediately subsequent to a pause interval when the pause interval of the write signal is a maximum, Tf_{\min} is an output interval of a first write data signal among write data signals corresponding to a write permission signal immediately subsequent to a pause interval of the write signal when the pause interval of the write signal is a minimum, and T is a reference period.